

Martial Arts

To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

After-School Karate ♥

Students will learn combination kicks, blocks and punches of Shorin-Ryu Shorinkan style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Wear comfortable clothing. Karate uniforms are required and may be purchased from instructor.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41993	4:30-5:30pm	M	Jun 1-Jul 6	6c	\$75/\$85
41994	4:30-5:30pm	M	Jul 20-Aug 17	5c	\$75/\$85

Karate-JKA Shotokan ♥

Youth Beginning

Introduces students basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41956	4:00-4:45pm	M	Jun 1-Jul 25	16c	\$96/\$106
	8:30-9:30am	Sa			
41957	4:00-4:45pm	M/Sa	Jul 27-Sep 5	12c	\$96/\$106
	8:30-9:30am	Sa			

Youth Intermediate

Develops a mastery of the basic techniques, while introducing more advanced ideas and techniques for sparring and self defense. More intense training allows students to increase their physical, mental and emotional endurance.

Wed = Harding Community Center: Recreation Hall

Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41958	4:00-5:30pm	W	Jun 3-Jul 25	15c	\$96/\$106
	10:00-11:00am	Sa			
41959	4:00-5:30pm	W	Jul 29-Sep 5	12c	\$96/\$106
	10:00-11:00am	Sa			

Youth Advanced

Students continue learning a more complex range of techniques and forms as they continue to master fundamental principles. PLEASE NOTE: An additional seminar will be scheduled for senior advanced students on Saturdays from 2:00-5:00 pm once every 6 weeks. Dates TBA by the instructor.

Wed = Harding Community Center: Recreation Hall

Mon/Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41960	4:45-6:15pm	M	Jun 1-Jul 25	24c	\$120/\$130
	4:30-6:00pm	W			
	9:30-11:00am	Sa			
41961	4:45-6:15pm	M	Jul 27-Sep 5	18c	\$120/\$130
	4:30-6:00pm	W			
	9:30-11:00am	Sa			

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

Wed = Harding Community Center: Recreation Hall

Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41962	6:00-7:00pm	W	Jun 3-Jul 25	16c	\$96/\$106
	11:00am-12:15pm	Sa			
41963	6:00-7:00pm	W	Jul 29-Sep 5	12c	\$96/\$106
	11:00am-12:15pm	Sa			

Adult Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language.

Wed = Harding Community Center: Recreation Hall

Mon/Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41964	4:45-6:15pm	M	Jun 1-Jul 25	24c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			
41965	4:45-6:15pm	M	Jul 27-Sep 5	18c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			



Karate-Shotokan ♥

Youth: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn karate techniques. Through discipline and perseverance the student progresses through the ranks. As the Student progresses in skill, knowledge and conditioning the student will learn more advanced forms, sparring and self defense techniques. No class Jul. 4 and Sep. 7.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 13Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42051	7:00-8:00pm	M	May 27-Jul 11	19c	\$69/\$79
	6:45-8:00pm	W			
	9:45-11:00am	Sa			
42052	7:00-8:00pm	M	Jul 27-Sep 12	18c	\$69/\$79
	6:45-8:00pm	W			
	9:45-11:00am	Sa			

Adult: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment. Introduction to Kodudo and Jui Jitsu will offer students an opportunity to train in multiple martial arts. As the student progresses in skill knowledge and conditioning the student will learn more advanced forms, sparring and self defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42048	8:00-9:15pm	M/W	May 31-Jul 12	26c	\$69/\$79
	11:00am-12:15pm	Sa			
	12:30-2:00pm	Su			
42049	8:00-9:15pm	M/W	Jul 13-Aug 23	25c	\$69/\$79
	11:00am-12:15pm	Sa			
	12:30-2:00pm	Su			

[See registration information on page 61!](#)

Kendo: Japanese Swordsmanship ♥

Beginning

Japanese swordsmanship was known by other names such as Ken Jutsu (sword art) and Batto Jutso (striking sword art) and primarily developed as a method of combat. The method of practice and purpose has changed with the changing needs of the people, but Kendo continues to develop character, self-discipline, respect and physical fitness.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y - 60Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41970	3:00-4:30pm	Su	Jun 7-28	4c	\$40/\$50
41971	3:00-4:30pm	Su	Jul 5-Aug 23	8c	\$40/\$50

Advanced

Experienced students wearing armor will pair up and practice attack and defense techniques using a shinai.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y - 60Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41972	4:30-5:30pm	Su	Jun 7-28	4c	\$40/\$50
41973	4:30-5:30pm	Su	Jul 5-Aug 23	8c	\$40/\$50

Kid's Self Defense and Safety

Learn basic moves to use as self defense and how to react and get away from a stranger. Children will learn what to do if they get lost, how to make an escape route to get out of the house in an emergency and how to answer the door and telephone safely.

Stagecoach Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42050	12:30-1:30pm	Sa	Jun 6	1c	\$15/\$25

Soo Bahk Do Karate ♥

Beginning

Soo Bahk Do is a Martial Art practiced as a form of self-defense that is a systematic form of exercise which has been in existence for centuries, develops muscle conditioning, coordination, discipline, self control, confidence and self respect. One may achieve a high degree of mental, spiritual and physical well being.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y - 60Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41966	6:30-7:30pm	Th	Jun 4-25	4c	\$40/\$50
41967	6:30-7:30pm	Th	Jul 2-Aug 20	8c	\$40/\$50

Intermediate

Students that are able to perform the basic techniques that were taught in the beginning class, are taught more advanced methods.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y - 60Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41968	7:30-8:30pm	Th	Jun 4-25	4c	\$40/\$50
41969	7:30-8:30pm	Th	Jul 2-Aug 20	8c	\$40/\$50

Women's Self Defense Workshop

Take control of your own safety. This workshop provides instruction on functional fighting skills. Learn tactics used by predators to lure you in and recent statistics and behaviors that can save your life. Acquire basic self defense strategies that can be used by anyone of any size, age or ability.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42368	10:00am-1:00pm	Sa	Jun 13	1c	\$15/\$25

Coming to a Neighborhood Near You— Your Parks & Recreation Commission!

Your Parks and Recreation Commission is interested in your ideas and suggestions — **come to a meeting** near you to hear about topics related to your neighborhood.

2009 Parks and Recreation Commission Meeting Schedule

May 18

Magee Park, Heritage Hall
258 Beech Avenue

September 21

Stagecoach Park Community Center
3420 Camino de los Coches

June 15

Harding Community Center
3096 Harding Street

October 19

Calavera Hills Community Center
2997 Glasgow Drive

August 17

Carlsbad Water Recycling Facility
6200 Avenida Encinas

November 16

Carlsbad Senior Center
799 Pine Street

For more information, visit www.carlsbadca.gov/recreation, or call (760) 434-2826.

Looking forward to getting to know you better!

